

USDA National Nutrient Database for Standard Reference Release 27

Statistics Report 11507, Sweet potato, raw, unprepared

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	77.28	--	0.650	73.52	81.89	3.0	75.253	79.298	3	Aggregated data involving combinations of source codes 1 & 12	--	05/2004
Energy	kcal	86	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2007
Energy	kJ	359	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2007
Protein ¹	g	1.57	--	0.145	1.37	1.99	3.0	1.108	2.032	1	Analytical or derived from analytical	--	10/2002
Total lipid (fat) ¹	g	0.05	--	0.033	0.02	0.15	3.0	-0.056	0.156	1	Analytical or derived from analytical	--	10/2002
Ash ¹	g	0.99	--	0.056	0.84	1.1	3.0	0.81	1.165	1	Analytical or derived from analytical	--	10/2002
Carbohydrate, by difference	g	20.12	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2007
Fiber, total dietary	g	3.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
Sugars, total	g	4.18	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2007

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Sucrose ¹	g	2.52	--	0.126	1.88	3.34	4.0	2.153	2.891	2	Aggregated data involving combinations of source codes 1 & 12	--	05/2004
Glucose (dextrose) ¹	g	0.96	--	0.269	0.3	1.88	4.0	0.204	1.716	2	Aggregated data involving combinations of source codes 1 & 12	--	05/2004
Fructose ¹	g	0.70	--	0.171	0.24	1.13	3.0	0.181	1.219	2	Aggregated data involving combinations of source codes 1 & 12	--	05/2004
Lactose ¹	g	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2004
Maltose ¹	g	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	10/2002
Galactose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	10/2002
Starch ¹	g	12.65	--	2.709	7.2	20.1	3.0	4.029	21.271	1	Analytical or derived from analytical	--	05/2004
Minerals													
Calcium, Ca ¹	mg	30	--	4.632	24	40	2.0	10.571	50.429	1	Analytical or derived from analytical	--	10/2002
Iron, Fe ¹	mg	0.61	--	0.070	0.54	0.75	2.0	0.311	0.913	1	Analytical or derived from analytical	--	10/2002

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Magnesium, Mg 1	mg	25	--	3.180	19	30	2.0	11.185	38.548	1	Analytical or derived from analytical	--	10/2002
Phosphorus, P 1	mg	47	--	7.413	38	62	2.0	15.037	78.829	1	Analytical or derived from analytical	--	10/2002
Potassium, K 1	mg	337	--	27.552	282	370	2.0	218.12	455.213	1	Analytical or derived from analytical	--	10/2002
Sodium, Na 1	mg	55	--	26.394	21	107	2.0	-58.464	168.664	1	Analytical or derived from analytical	--	05/2004
Zinc, Zn 1	mg	0.30	--	0.033	0.25	0.37	2.0	0.156	0.444	1	Analytical or derived from analytical	--	10/2002
Copper, Cu 1	mg	0.151	--	0.015	0.13	0.18	2.0	0.086	0.216	1	Analytical or derived from analytical	--	10/2002
Manganese, Mn 1	mg	0.258	--	0.052	0.16	0.33	2.0	0.034	0.481	1	Analytical or derived from analytical	--	10/2002
Selenium, Se	µg	0.6	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2004
Vitamins													
Vitamin C, total ascorbic acid 1	mg	2.4	--	1.038	0.1	4.9	3.0	-0.903	5.705	1	Analytical or derived from analytical	--	05/2004
Thiamin 1	mg	0.078	--	0.007	0.07	0.1	3.0	0.057	0.1	1	Analytical or derived from analytical	--	10/2002
Riboflavin 1	mg	0.061	--	0.005	0.05	0.08	3.0	0.045	0.077	1	Analytical or derived from analytical	--	10/2002
Niacin 1	mg	0.557	--	0.076	0.42	0.77	3.0	0.316	0.798	1	Analytical or derived from analytical	--	10/2002
Pantothenic acid 1	mg	0.800	--	0.152	0.59	1.25	3.0	0.316	1.284	1	Analytical or derived from analytical	--	10/2002

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Vitamin B-6 1	mg	0.209	--	0.014	0.18	0.25	3.0	0.166	0.253	1	Analytical or derived from analytical	--	10/2002
Folate, total 1	µg	11	--	1.685	8	15	3.0	5.511	16.238	1	Analytical or derived from analytical	--	05/2004
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	11	--	1.685	8	15	3.0	5.511	16.238	1	Analytical or derived from analytical	--	02/2007
Folate, DFE	µg	11	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2007
Choline, total	mg	12.3	--	--	--	--	--	--	--	--	Calculated or imputed	11508	02/2007
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1984
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	709	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta 1 2 3 4 5 6 7	µg	8509	--	224.125	4,030	16,000	2.0	7544.354	9473.012	2	Analytical or derived from analytical	--	05/2004
Carotene, alpha 1 3 4 7	µg	7	--	3.110	0	133	3.0	-2.62	17.176	2	Analytical or derived from analytical	--	05/2004
Cryptoxanthin, beta 1 3 4	µg	0	--	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	05/2004
Vitamin A, IU	IU	14187	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
Lycopene 1 3	µg	0	--	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	05/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lutein + zeaxanthin ³	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2004
Vitamin E (alpha-tocopherol) ¹	mg	0.26	--	--	0.04	0.48	1.0	--	--	1	Analytical or derived from analytical	--	10/2002
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta ¹	mg	0.01	--	--	0	0.01	1.0	--	--	1	Analytical or derived from analytical	--	10/2002
Tocopherol, gamma ¹	mg	0.00	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	10/2002
Tocopherol, delta ¹	mg	0.00	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	10/2002
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone) ¹	µg	1.8	--	--	1.5	2	1.0	--	--	1	Analytical or derived from analytical	--	10/2002
Lipids													
Fatty acids, total saturated	g	0.018	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2007
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
8:0 ¹	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2007
10:0 ¹	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
12:0 ¹	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2007
14:0 ¹	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2007
15:0 ¹	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2007
16:0 ¹	g	0.018	--	--	0.04	0.04	--	--	--	1	Analytical or derived from analytical	--	02/2007
17:0 ¹	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2007
18:0 ¹	g	0.001	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2007
20:0 ¹	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2007
22:0 ¹	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2007
24:0 ¹	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2007
Fatty acids, total monounsaturated	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2007
14:1 ¹	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2007
15:1 ¹	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2007
16:1 undifferentiated ¹	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2007
17:1 ¹	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2007

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18:1 undifferentiated ¹	g	0.001	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2007
20:1 ¹	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2007
22:1 undifferentiated ¹	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2007
Fatty acids, total polyunsaturated	g	0.014	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2007
18:2 undifferentiated ¹	g	0.013	--	--	0.03	0.03	--	--	--	1	Analytical or derived from analytical	--	02/2007
18:3 undifferentiated ¹	g	0.001	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2007
18:4 ¹	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2007
20:2 n-6 c,c ¹	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2007
20:3 undifferentiated ¹	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2007
20:4 undifferentiated ¹	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2007
20:5 n-3 (EPA) ¹	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2007
22:5 n-3 (DPA) ¹	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2007
22:6 n-3 (DHA) ¹	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2007
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1984

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Phytosterols	mg	12	--	--	--	--	--	--	--	--	Analytical or -- derived from analytical	--	05/2004
Amino Acids													
Tryptophan ¹	g	0.031	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
Threonine ¹	g	0.083	--	--	--	--	--	--	--	--	Analytical or -- derived from analytical	--	02/2007
Isoleucine ¹	g	0.055	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
Leucine ¹	g	0.092	--	--	--	--	--	--	--	--	Analytical or -- derived from analytical	--	02/2007
Lysine ¹	g	0.066	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
Methionine ¹	g	0.029	--	--	--	--	--	--	--	--	Analytical or -- derived from analytical	--	02/2007
Cystine ¹	g	0.022	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
Phenylalanine ¹	g	0.089	--	--	--	--	--	--	--	--	Analytical or -- derived from analytical	--	02/2007
Tyrosine ¹	g	0.034	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
Valine ¹	g	0.086	--	--	--	--	--	--	--	--	Analytical or -- derived from analytical	--	02/2007
Arginine ¹	g	0.055	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
Histidine ¹	g	0.031	--	--	--	--	--	--	--	--	Analytical or -- derived from analytical	--	02/2007

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Alanine 1	g	0.077	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
Aspartic acid 1	g	0.382	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
Glutamic acid 1	g	0.155	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
Glycine 1	g	0.063	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
Proline 1	g	0.052	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
Serine 1	g	0.088	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	10/2002
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	10/2002

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Flavonoids													
Flavones													
Apigenin ^{8 12}	mg	0.0	--	--	0.01	0.01	--	--	--	--	--	--	--
Luteolin ^{8 12}	mg	0.0	--	--	0.01	0.01	--	--	--	--	--	--	--
Flavonols													
Kaempferol ^{8 12}	mg	0.0	--	--	0.01	0.01	--	--	--	--	--	--	--
Myricetin ^{8 12}	mg	0.0	--	--	0.02	0.02	--	--	--	--	--	--	--
Quercetin ^{8 12}	mg	0.0	--	--	0.01	0.01	--	--	--	--	--	--	--
Isoflavones													
Daidzein ^{9 10}	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Genistein ^{9 10}	mg	0.0	--	--	0	0.02	--	--	--	--	--	--	--
Total isoflavones ^{9 10}	mg	0.0	--	--	0	0.02	--	--	--	--	--	--	--
Biochanin A	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Formononetin	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Coumestrol	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin													
Proanthocyanidin monomers ¹¹	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Proanthocyanidin dimers ¹¹	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Proanthocyanidin trimers ¹¹	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Proanthocyanidin 4-6mers ¹¹	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Proanthocyanidin 7-10mers ¹¹	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Proanthocyanidin polymers (>10mers) ¹¹	mg	0.0	--	0	0	0	--	--	--	--	--	--	--

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 6a, 2002 Beltsville MD

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